

# Counselor Corner

## Midterms

Midterm exams will be here in just a few short days! What does that mean? Let's start with the transcript. The transcript is what colleges will see when a student applies for admission. The transcript consists of semester grades for each subject of each semester of a student's high school career. These semester grades (which colleges will see) consist of the average of four grades. These four grades consist of marking periods 1, 2, 3 and the Midterm exam. Once these four numbers are added together and divided by four, a semester grade is created. Needless to say, the Midterm grade, which represents **one quarter** of the semester grade, is **very very** important. Never fear though we are here to help with the Bi-annual Test Taking Edition of the Counselor Corner!

### Step 1 - STUDY

Study early and study often! Cramming for tests at the last minute is not an effective long term technique for studying. Instead, start studying early so that by the day of the midterm the recall of information is second nature.

Also, do not forget that different subjects require different study methods. For instance, some tests will require rote memorization like vocabulary definitions. The use of flashcards or repetitive definition writing may be the best technique for studying for

these types of tests. However, other exams like Math, might require repetitive practice.

Additionally, after-school tutoring is offered everyday leading up to exams (see schedule on page 2) in Mr. Matyus' office and the library.

### Step 2 - Sleep

It's strange to tell adolescent boys that they need more sleep considering they are typically trying to sleep during most of their classes. However, it is very important to get quality sleep the night before a midterm exam to improve focus and mental clarity which are vital while taking tests.

### Step 3 - Eat

It is also odd to encourage teenage boys to eat considering they are eating during most of their waking hours. But once again it very important to eat a balanced meal in the morning to increase concentration. It is essential to emphasize balance when eating as well. It is best to avoid the trap of eating sugary or carbohydrate loaded foods in the morning. The immediate rush of these foods is great but it often ends in a premature crash of energy which is an awful thing to happen while taking the second exam of the day.

### Step 4 - Plan

Plan according to the midterm schedule (located on page 2). Also, in the event of inclement weather make sure you know the midterm policy regarding snow days (located on page 2).

### Step 5 - Repeat

Exams happen every year, twice a year,

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# Midterm Schedule

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**December 16 through December 21 Starting at 8:00am**

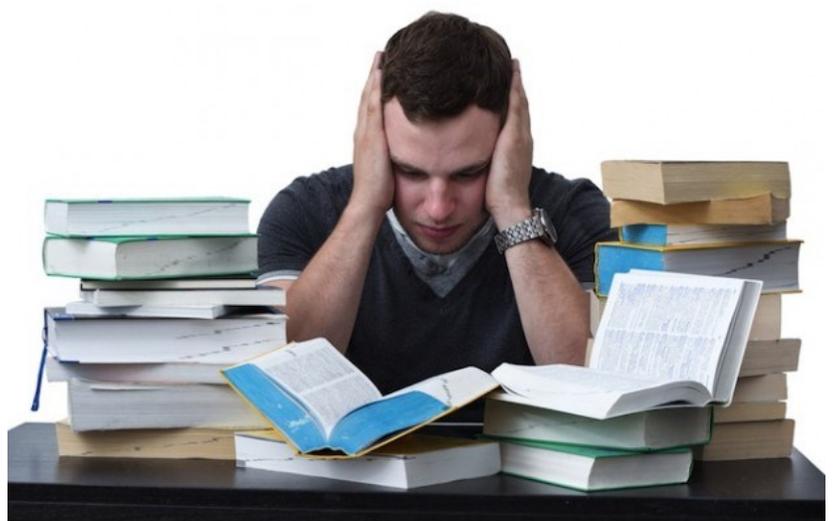
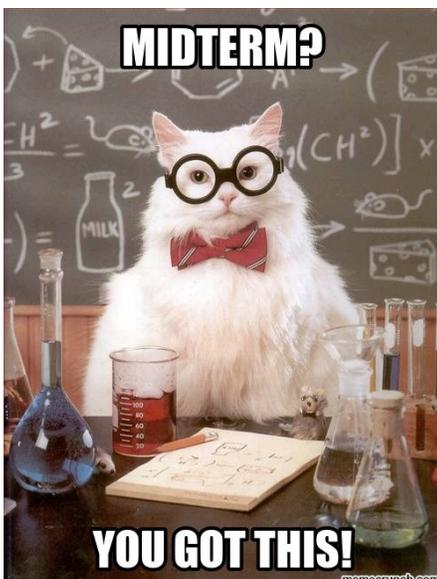
Dec 16 Friday — Periods 1 and 2  
Dec 19 Monday — Periods 3 and 4  
Dec 20 Tuesday — Periods 5 and 6  
Dec 18 Wednesday — Period 7

# Inclement Weather Exam Schedule

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## Sometimes It Snows in December

If school is canceled due to inclement weather then those exams will be moved back until school is open. In other words if exams scheduled for Monday (periods 3 and 4) are snowed out, then these exams then take place on Tuesday.



# Reminders

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## College Visits and Other Dates to Remember

Dec 16 Midterm Exams (periods 1 & 2)

Dec 19 Midterm Exams (periods 3 & 4)

Dec 20 Midterm Exams (period 5 & 6)

Dec 21 Midterm Exams (period 7)

Dec 22—Jan 3 No School

Dec 21 Registration deadline for Jan SAT

<http://sat.collegeboard.org/register>

Jan 13 Registration deadline for Feb ACT

<http://www.act.org/content/act/en/register.html>



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